



Stop a Panic Attack with Emotional Freedom Techniques (EFT)

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It's really simple...and could change your life.

Are you one of the over 3 million people who suffer from panic attacks at some point in their lives? A panic attack is an occurrence of paralyzing fear and anxiety that comes out of the blue, for no apparent reason. Dealing with anxiety and panic attacks is like being hit with a tidal wave.

That's what happened to me one evening as I drove home on a busy freeway, one I had driven on for years. As I was about to go down a steep grade, I suddenly couldn't breathe and felt as if I were about to pass out. My body felt cold and clammy and I was terrified I might be having a heart attack. Somehow, I managed to find a way to pull over and calm myself until I was able to get home.

[The Key to Eliminating Anxiety \(Without Medication!\)](#)

Soon after this horrendous experience, I developed intense anxiety driving near my home where the freeway expanded from three to five lanes. I was so terrified of having another attack and not being able to drive across those lanes to safety, that I began to exit before that spot. I finished my journey on local streets because of this growing agoraphobia (fear of open spaces).

These increasing terrors and breathing difficulties finally forced me to see my doctor who explained that I was simply experiencing panic attacks. Easy for him to say. He taught me a simple breathing technique to calm myself, and although I was still pretty anxious while driving, I managed to get on with my life. Shortly after that I discovered an amazing (and simple!) acupressure technique called [EFT Tapping](#) that zaps panic in minutes, and I have been free of this misery for over 20 years.

You will know you are experiencing a panic attack if you have most of these symptoms:

- Racing or pounding heart.
- Chest pains.
- Dizziness, lightheadedness, nausea.
- Difficulty breathing.
- Tingling or numbness in hands.
- Flushes or chills.
- Terror, a feeling that something horrible is about to occur and you are powerless to prevent it.
- Fear of losing control and doing something embarrassing.

Panic attacks tend to occur randomly, so the sufferer never knows when they will materialize. The randomness of my episodes made me even more distraught. I later learned that panic attacks could be triggered by major life stress or physical illness. Mine started within weeks of my mother's death. I realize now that I was suppressing my sorrow and trying to make believe I was OK when I wasn't.

Panic disorder often leads to other fears like the fear of having more attacks, fear of being crazy, and fear of experiencing situations that might trigger an attack.

When you use EFT Tapping, an easy-to-learn acupuncture method that anyone can use anywhere to eradicate panic and fear, you will stop panic attacks forever.

Here's how to give yourself an EFT treatment:

STEP 1: Using your index and middle fingers, gently tap or press each of the following spots for about 3 seconds in order to stimulate your energy points.

- Crown of the head.
- Eyebrow: the beginning of the eyebrow nearest the nose.
- Side of eye on the bone outside the outer corner of the eye socket.
- Under the eye above the cheekbone.
- Under the nose.
- Under the lower lip.
- Under the collarbone.
- Four inches under the armpit on the side of the body.

STEP 2: Use either hand to touch one or both sides of your face and body. Begin by tapping on the fleshy part of the outside edge of your hand below the little finger as you focus on your problem and feel the fear and anxiety. Next tap on these spots as you continue to remember your panic experience or fearful thoughts.

Healing a memory of a previous panic attack means eradicating the uncomfortable feelings that arise when you recollect it. You will be able to bring the past to mind and not react. If you feel anxious, your heart races or you have a lump in your throat as you remember what happened, it means that the memory is still raw, like a wound that hasn't healed. Use EFT Tapping as you think of that panic attack until the memory loses its emotional charge and you can say, "It happened. It's over. I survived. I am fine."

[5 Things You MUST Try Before Turning to Mood-Boosting Medicines](#)

Once you banish your panic attacks you will be able to enjoy life again, too. Bill was amazed at how much energy he had spent fearing panic attacks. He said, "I forgot what real life is like." The most important part of his recovery was the knowledge that the power to help himself, any time he felt the old anxiety creeping up, was as close as his fingertips.

This guest article originally appeared on YourTango.com: [End Your Panic Attacks NOW With This Super-Easy Technique](#).